



Rhode Island Department of Education's Child & Adult Care Food Program

What is RIDE's Child and Adult Care Food Program (CACFP)?

Welcome to the Rhode Island Department of Education's (RIDE's) Child and Adult Care Food Program, also known as the "CACFP." RIDE administers the CACFP on behalf of the United States Department of Agriculture.

In this presentation, we will review the basics of the CACFP and program eligibility. This presentation is the first in a series of trainings on the nutrition program. Other presentations address

Appropriate meal patterns for infants, children and adults

- Planning healthy meals and snacks using the CACFP meal patterns
- Ensuring the civil rights of children and adults participating in the CACFP

The CACFP's goal is to improve and maintain the health and diets of children and adults through the development and support of good eating habits.

What does the CACFP do?

The Child and Adult Care Food Program plays a vital role in improving the quality of day care and making it more affordable for many low-income families.

CACFP provides reimbursement to participating care providers, called Sponsors, for serving approved meals to participants.

CACFP subsidizes the healthy, nutritious meals and snacks that sponsors and home care providers serve to the enrolled children and adults in their care. These care settings include participating child care centers, Head Start programs, family daycare homes, before-and-after- school care programs and adult daycare centers. Meals and snacks are also provided to children and youth who participate in out-side school hours programs, or reside in emergency shelters.

Sponsors may be reimbursed for up to two healthy meals and a snack or one healthy meal and two snacks per child or adult each day.

Through RIDE, the CACFP reimburses sponsors for part of the cost of serving approved meals to children and adults in their care. In return:



- Sponsors provide approved meals that meet the USDA meal patterns and ensure that food is handled in a safe and sanitary manner.
- Sponsors assume the administrative and financial responsibility for program operations in their facilities. This includes maintaining records regarding how many children and adults are being fed.
- On a monthly basis, Sponsors report to RIDE on how many meals and snacks they fed to their children and or adult participants.
- RIDE makes periodic visits to the sponsor's facility to verify program requirements are being met.
- RIDE provides regular, on-going support in the form of online trainings, nutrition information for teachers and care providers, and printable meal patterns and sample menus through its website.

Can your facility participate in the CACFP?

Your facility may be eligible to become a Sponsor if it is

A public or private nonprofit

- child care center for children age 12 and under
- outside-school-hours care center for children age 12 and under
- Head Start program or
- other institution licensed or approved to provide day care services.
- A for-profit child care center under certain conditions
- An “at-risk” outside-school-hours care program that offers enrichment activities for children and youth, 18 years old or younger, after the regular school day ends in lower income areas
- An emergency shelter serving children and youth up to 18 years of age
- A licensed adult daycare center under certain conditions.

A licensed family or group daycare home may participate through one of our current family day care home sponsors.



For more information about your eligibility to become a CACFP family daycare provider or a CACFP Sponsor, check out our CACFP Eligibility Screening Guide at the end of this presentation.

Types of Meals Offered

Let's review the types of meals that may be served to children and adults in the CACFP:

- Breakfast
- Lunch
- Supper
- Snacks (AM, PM, Evening)

The types of meals offered depend on your care schedule. But remember, you can only be reimbursed for a maximum of 2 meals and 1 snack, or 2 snacks and 1 meal for any one child or adult in your care each day.

What to Serve to Those in Your Care: The CACFP Meal Pattern is the Key

Program sponsors are reimbursed for meals and snacks only if they meet the requirements set by the federal government and RIDE. There is no partial reimbursement for meals that somewhat meet CACFP requirements.

The CACFP meal pattern helps you plan well-balanced, nutritious meals and snacks that meet children's and adults' special nutrient and energy needs. The food choices and amounts of food in the CACFP meal pattern are dictated by the age of the child, or are designed to meet the needs of an adult.

The CACFP meal pattern has two parts:

Part 1: The types of foods that are served, also known as the Food Groups or Components

and

Part 2: Serving or portion size

There are four Food Groups (or Component Food Groups) in the CACFP Meal Pattern.

They are

- Fluid Milk



- Fruits and Vegetables
- Bread and Bread Alternates
- Meat and Meat Alternates

Meal Patterns by Age Group

Meal patterns for infants up to 12 months of age must include iron-fortified infant formula or include breast milk provided by family.

More food groups are added as the infant grows and is developmentally able to eat them. These are as follows:

- Iron-fortified infant cereal and bread or crackers
- Fruits and/or vegetables
- Meat and/or meat alternate

Meal patterns for children and adults include the following food groups:

- Fluid milk
- Meat and/or meat alternates
- Bread and/or bread alternates
- Fruits and Vegetables

Each meal type is built with a combination of food groups.

For example, breakfast for a 3-year-old child might include:

3 food groups:

- Fluid milk = Skim or 1% Low-fat milk
- Fruit/Vegetables = fresh sliced bananas
- Bread /Bread Alternate = Whole grain cereal

While lunch might consist of

4 food groups:



- Fluid milk: Skim or 1% low-fat milk
- Bread/bread alternate: spaghetti and also garlic bread
- Meat/ meat alternate: meat sauce
- Fruit/vegetables: peas & carrots and also apple slices

The second part of the Meal Pattern is the serving (or portion) size. The minimum portion size must be served; the portion size varies with the age of the child. There are set serving sizes for infants, children and adults. As children grow, their portion sizes also grow.

Together, the food groups and the portion sizes make up the meal pattern.

Record-Keeping

In order for a sponsor to receive USDA reimbursement for meal served to participants, the meals must meet CACFP requirements and meal counts and snacks must be counted and recorded at point of service, when the meals are actually served to the participants.

There are some basic records that must be maintained, such as:

- Records of meals and snacks served
- Invoices and receipts of costs connected to your meal program
- Daily attendance records for your children or adults
- Income eligibility forms (required of some sponsors for each participant)

This information will be reviewed during a visit from a RIDE Child Nutrition Program staff member.

RIDE can provide information to help you set up your record keeping systems.

The ultimate goal of the CACFP is to support our care providers in offering nutritious and appealing meals, which contribute to the health of our infants, children and adults in care settings.

Are you eligible to be a Sponsor or family day-care provider?

Use our [CACFP Eligibility Screening Guide](#) to determine your organization's eligibility.